

FIG. 1

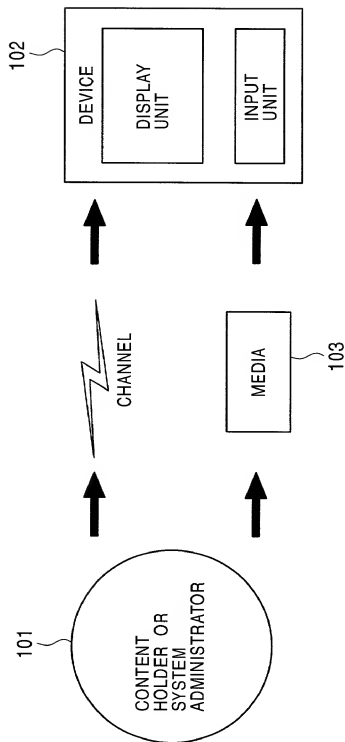


FIG. 2

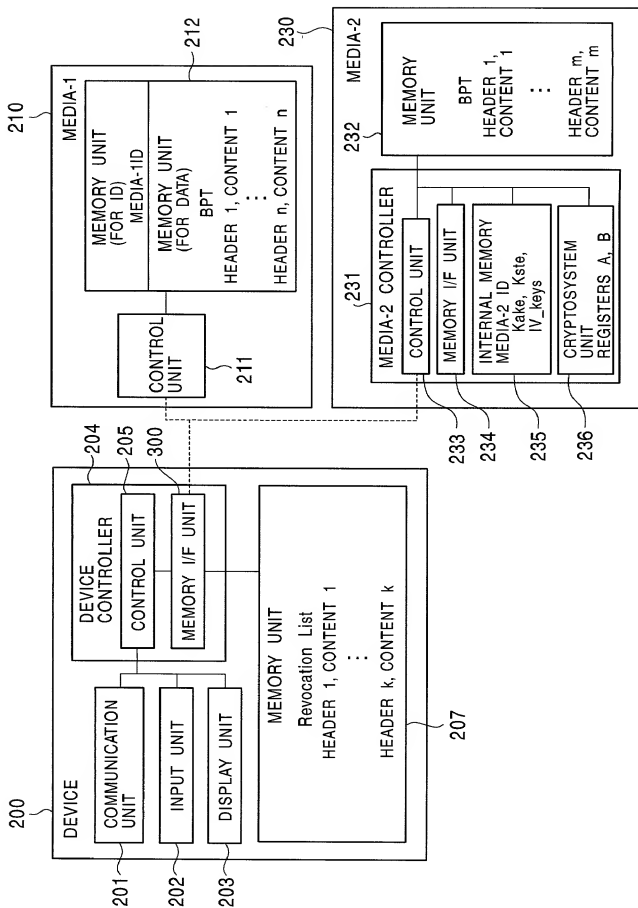


FIG. 3

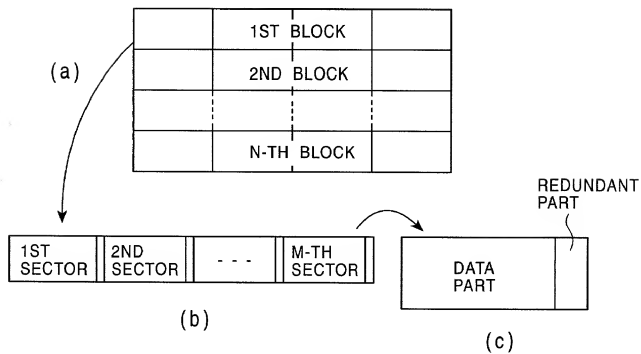


FIG. 4

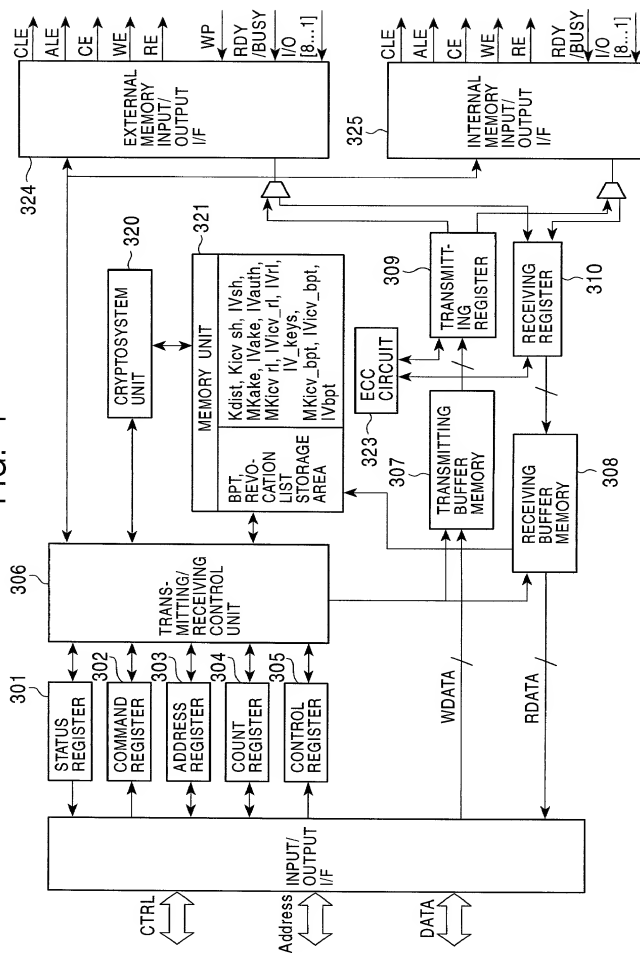


FIG. 5

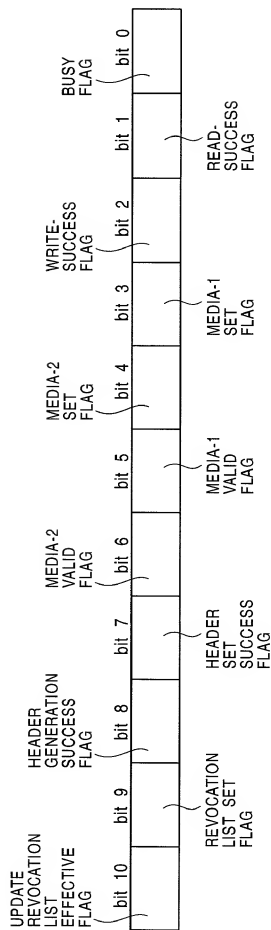


FIG. 6A

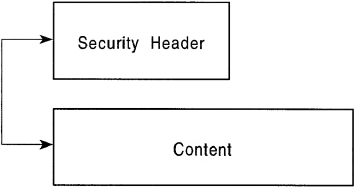


FIG. 6B

Block #1	Security Header1	
Block #2	Content 1	
Block #3	Content 1	
Block #4	Security Header 2	
Block #5	Content 2	
Block #6	Security Header 3	
Block #7	Content 3	
⋮	⋮	

FIG. 7

Format Version
Content ID
Content Type
Data Type
Encryption Algorithm
Encryption Mode
Encryption Format Type
Encryption Flag
ICV Flag
Kc_Encrypted 0
⋮
Kc_Encrypted 31
Kicv_cont_encrypted
Valid Revocation List Version
ICV of Security Header

FIG. 8

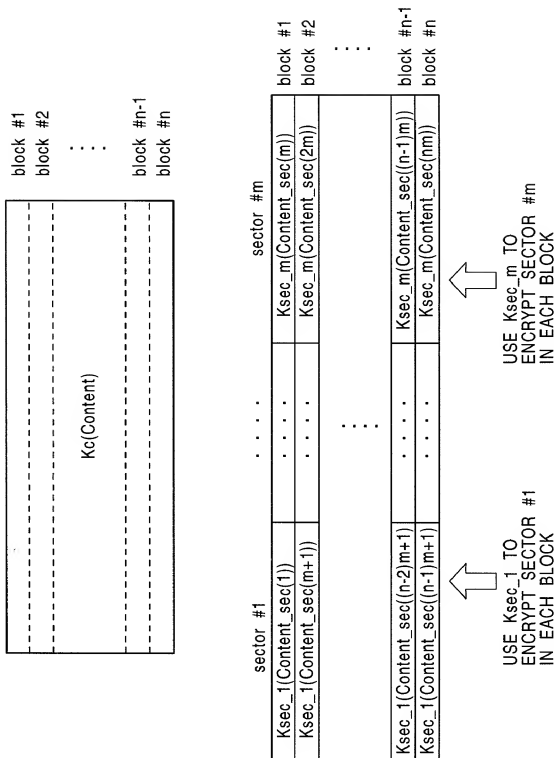


FIG. 10

Format Version
BPT ID
Number of Blocks
Block #1 Permission Flag
⋮
Block #n Permission Flag
ICV of BPT

FIG. 11

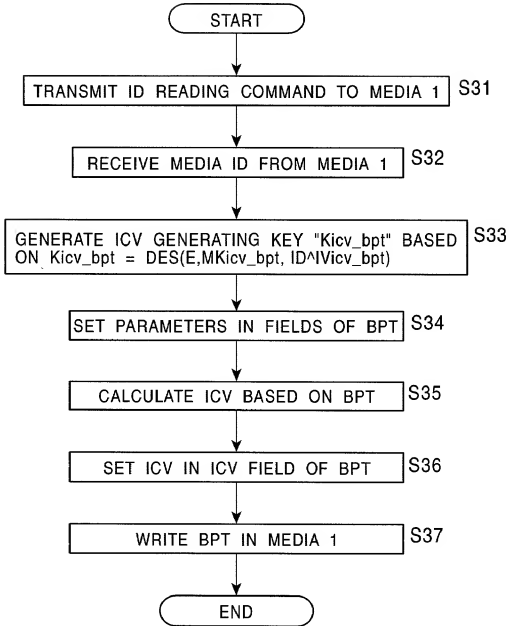


FIG. 12

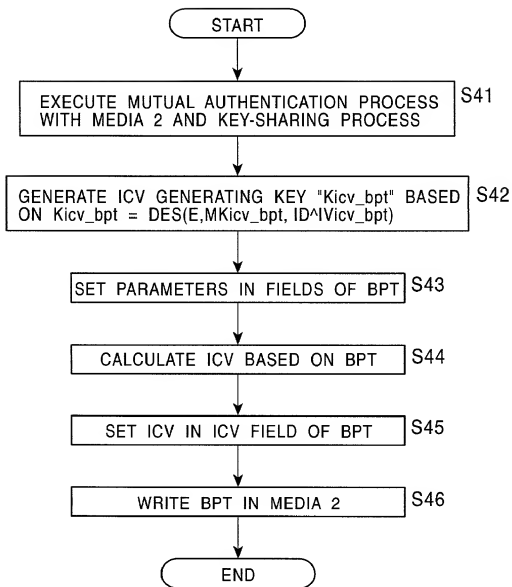


FIG. 13

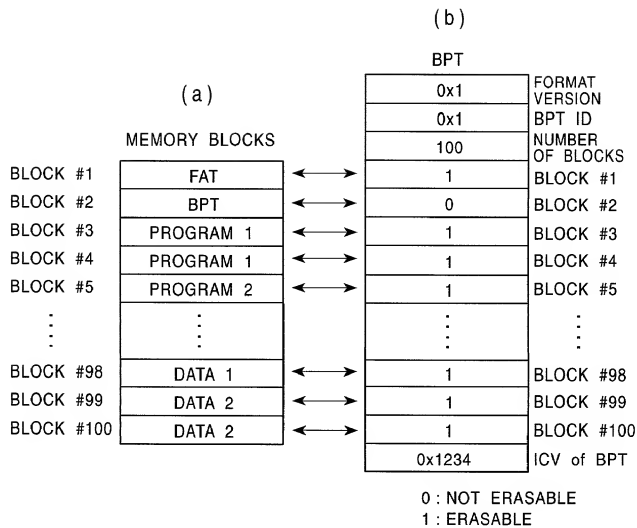


FIG. 14

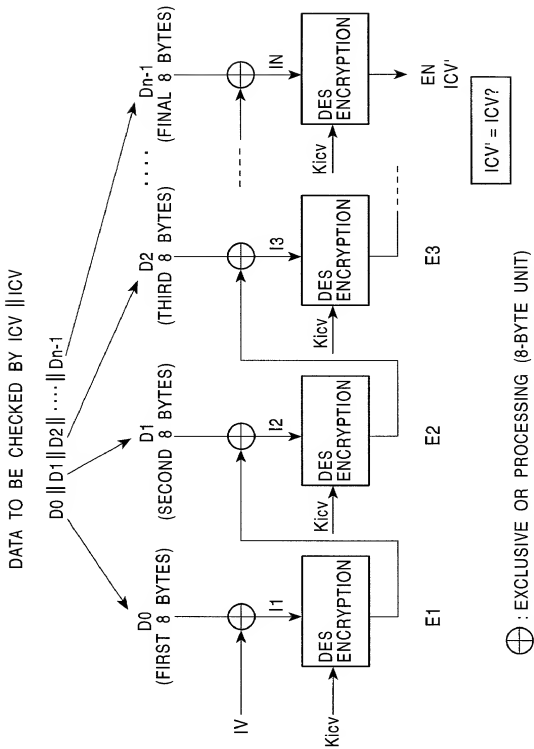
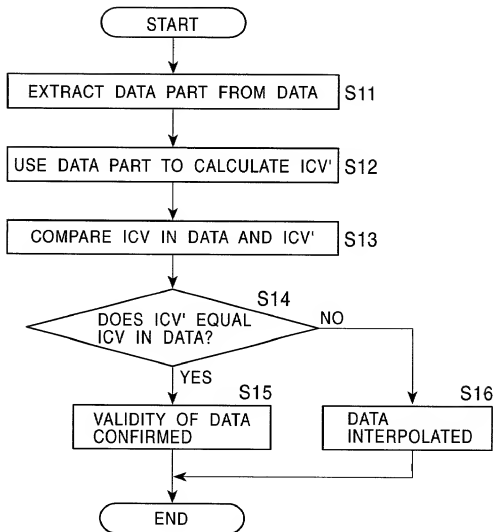


FIG. 15



[illegible]

FIG. 17

DIRECTORY	FILE NAME	STORAGE SECTORS
/	A.h	1 — 10
/	A.cont	21 — 100
/dir_a	B.h	101 — 110
/dir_a	B.cont	111 — 350
/dir_a/dir_x	C	401 — 450
/dir_b	D	501 — 580
/dir_c	E.h	601 — 610
⋮	⋮	⋮
/dir_c	Z.cont	5001 — 5340

FIG. 18

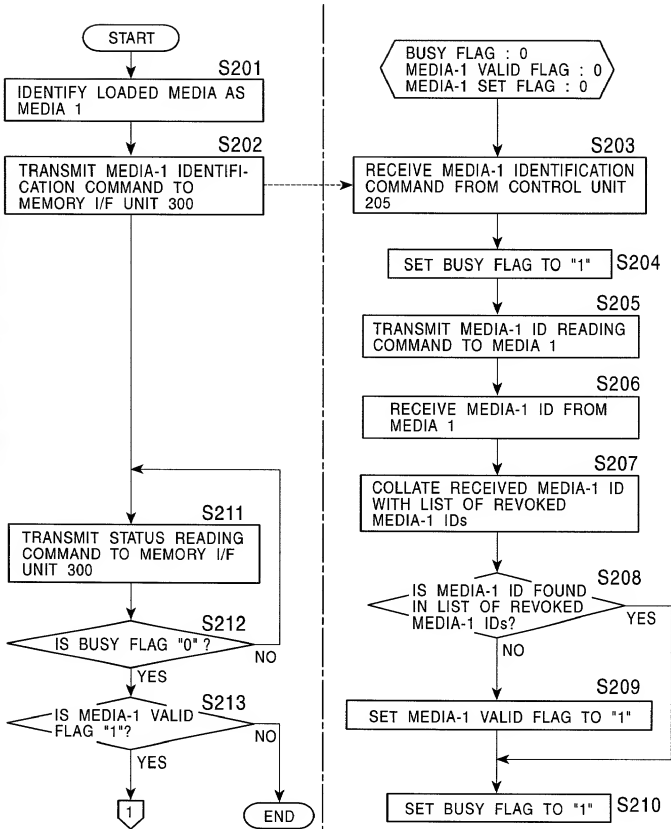


FIG. 19

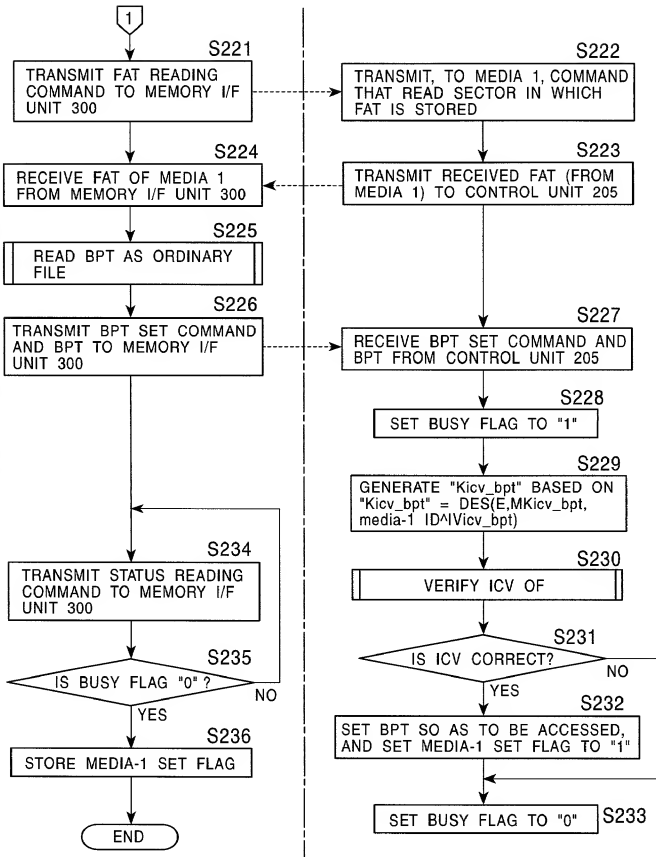


FIG. 20

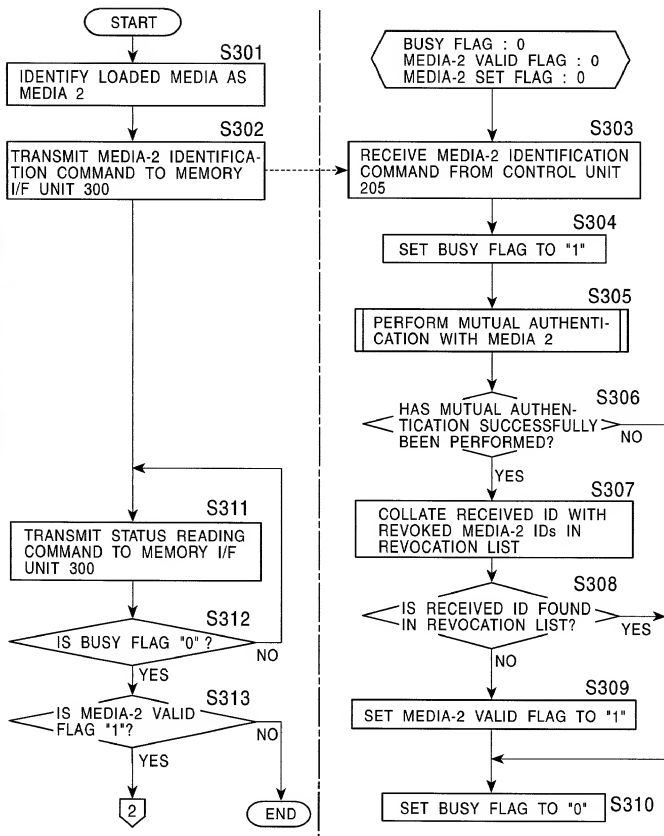


FIG. 21

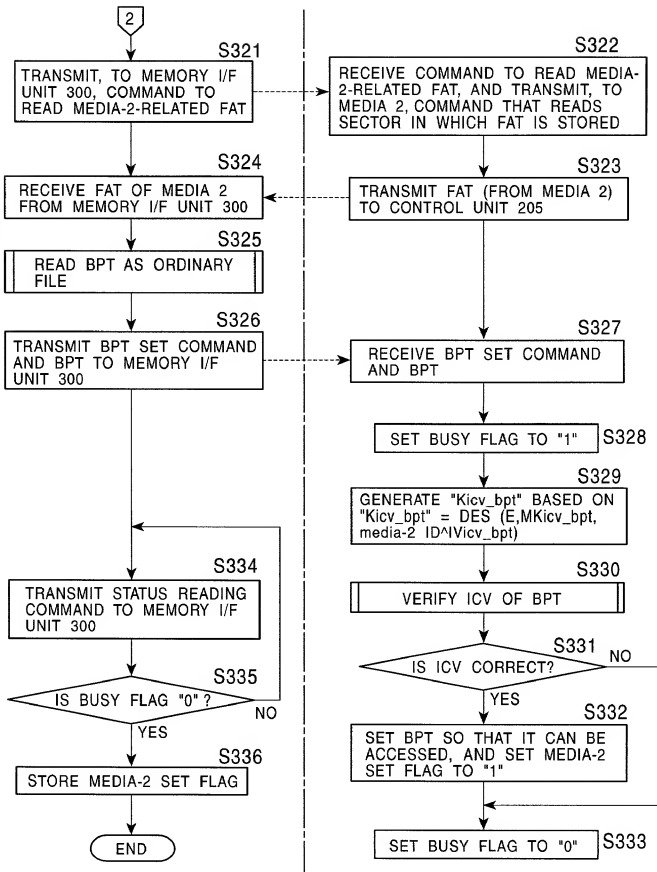


FIG. 22

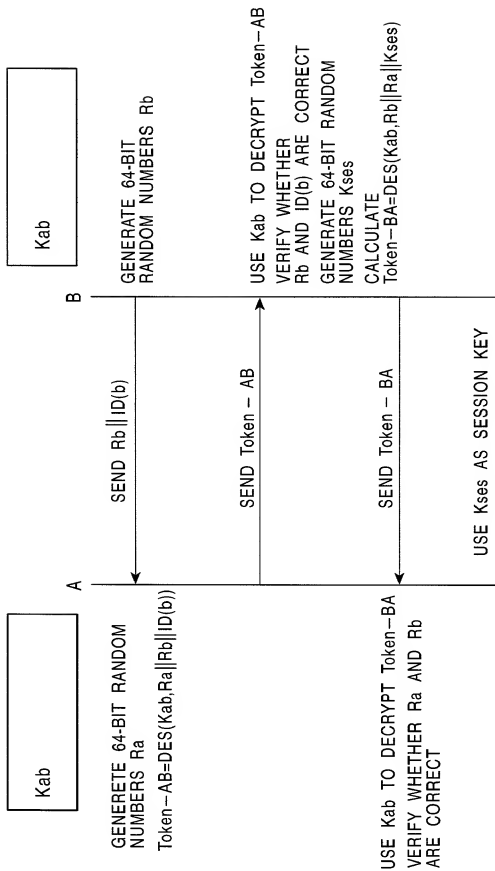


FIG. 23

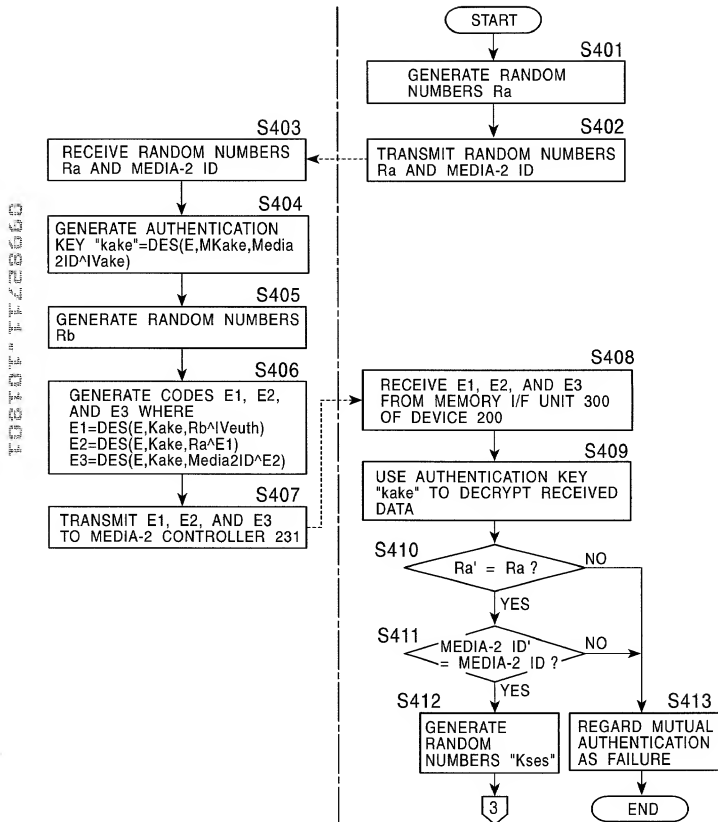
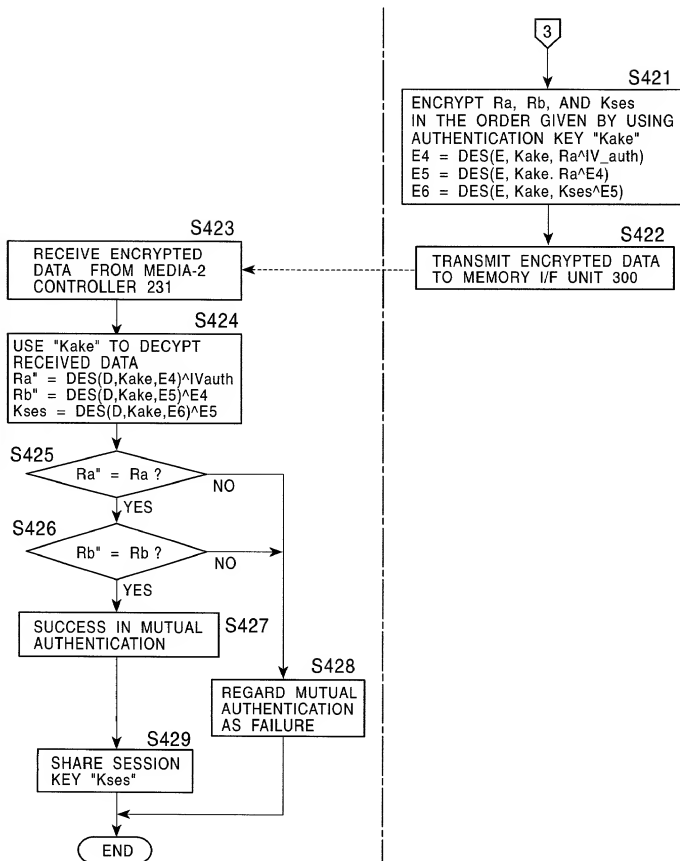


FIG. 24



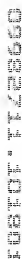
[illegible]

FIG. 26

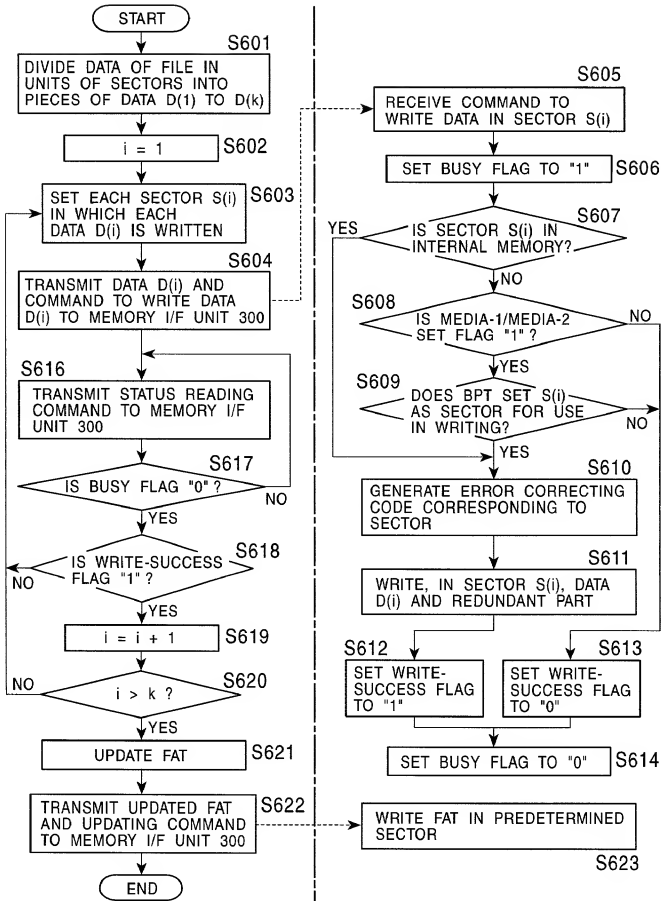


FIG. 27A

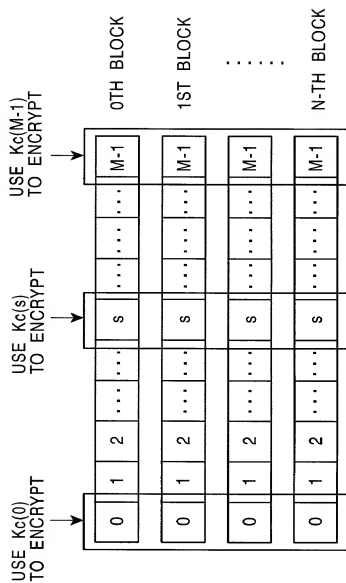
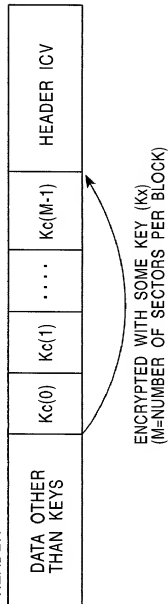


FIG. 27B

FIG. 28A

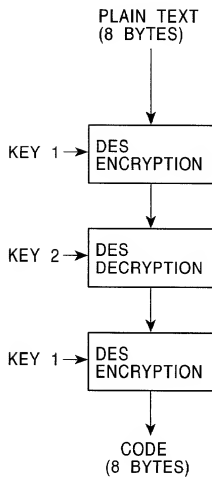


FIG. 28B

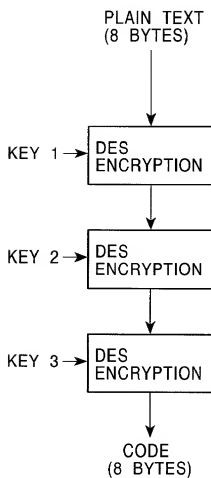


FIG. 29

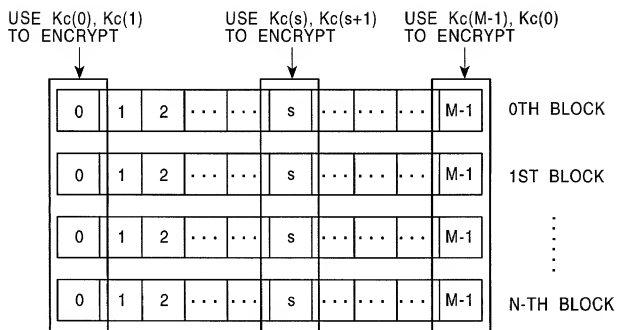


FIG. 30

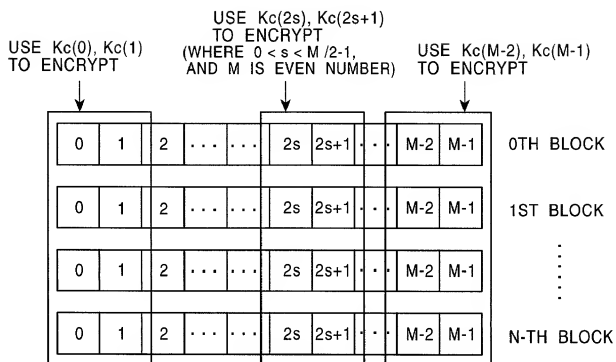


FIG. 31

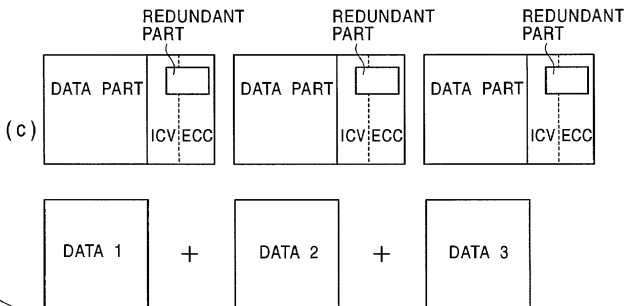
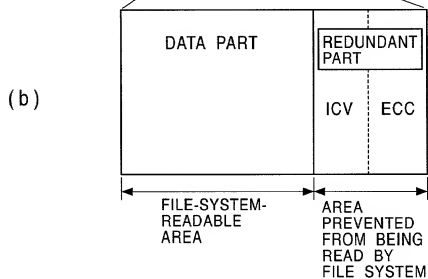
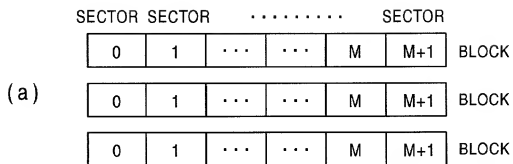


FIG. 32

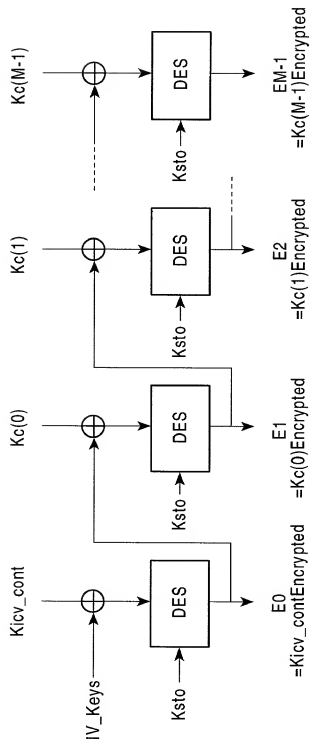


FIG. 33

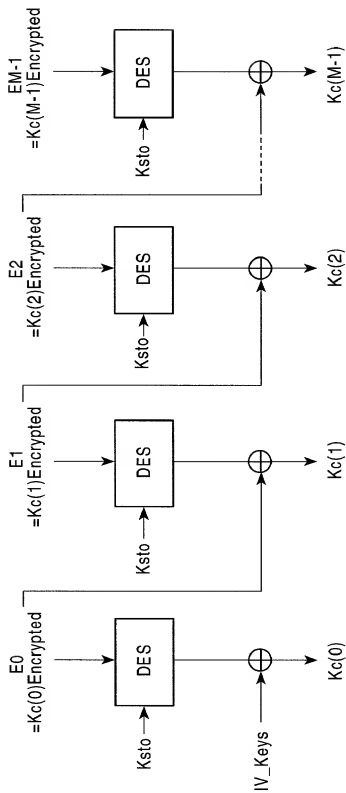


FIG. 34

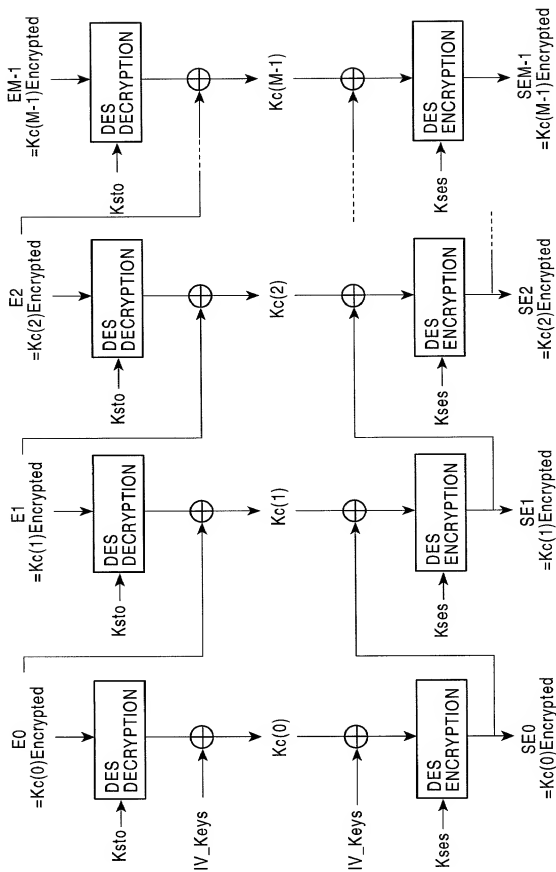


FIG. 35

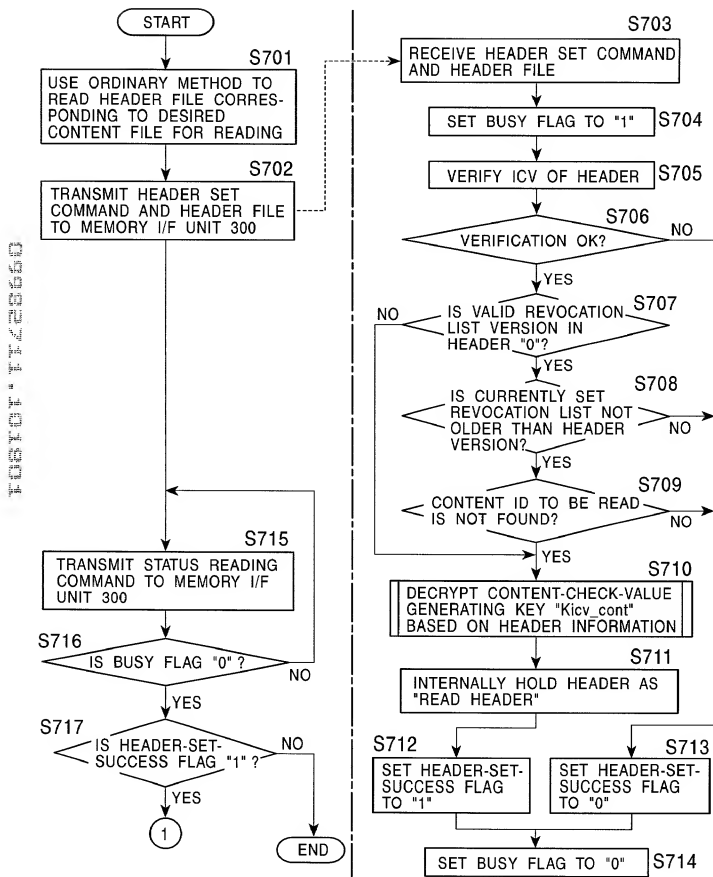


FIG. 36

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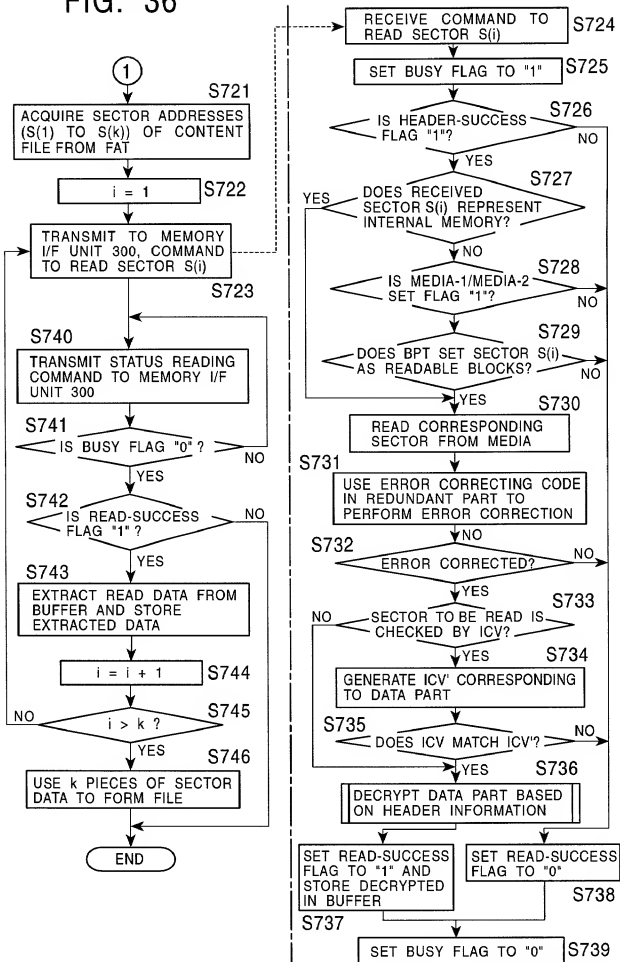


FIG. 37

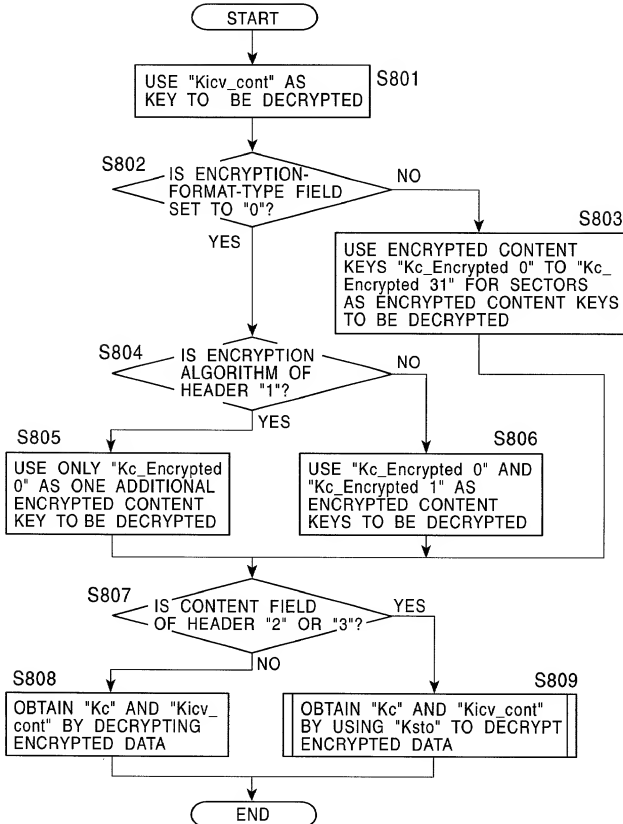


FIG. 38

FIG. 38

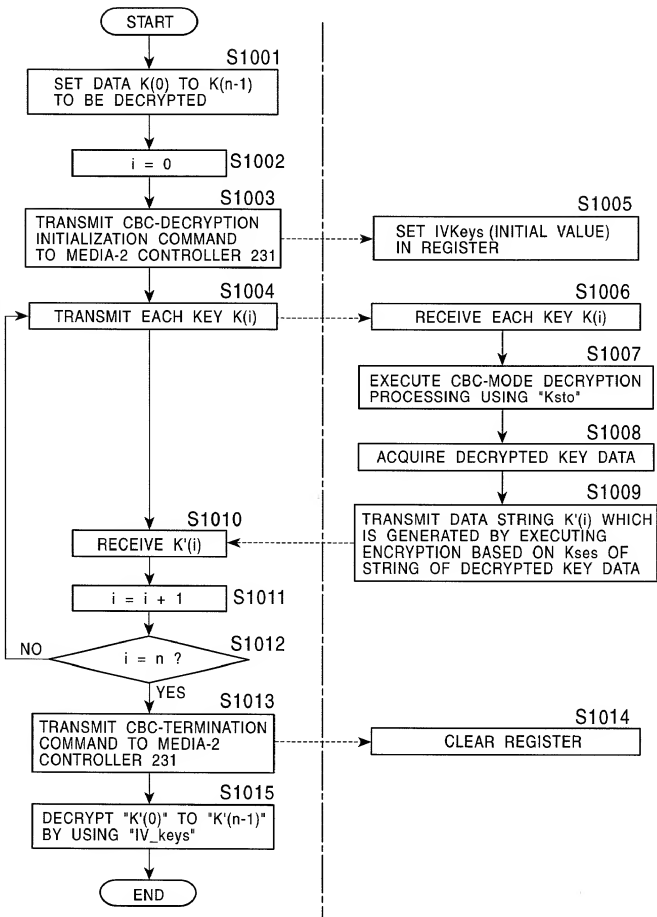


FIG. 39

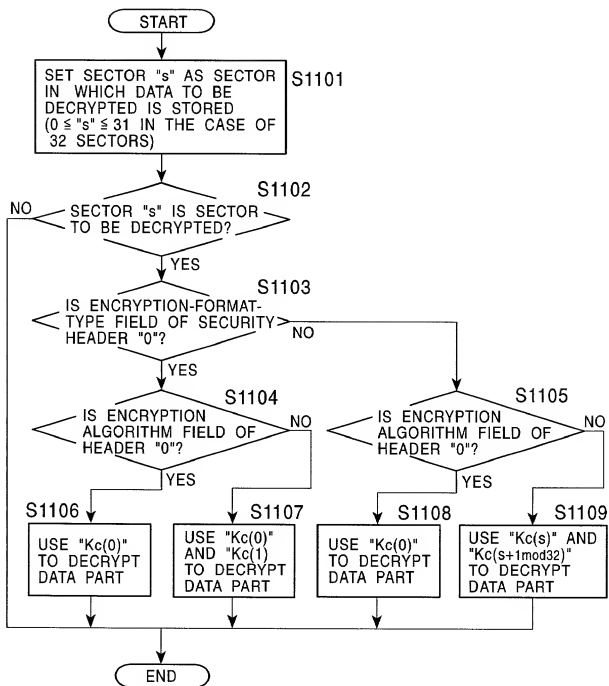


FIG. 40

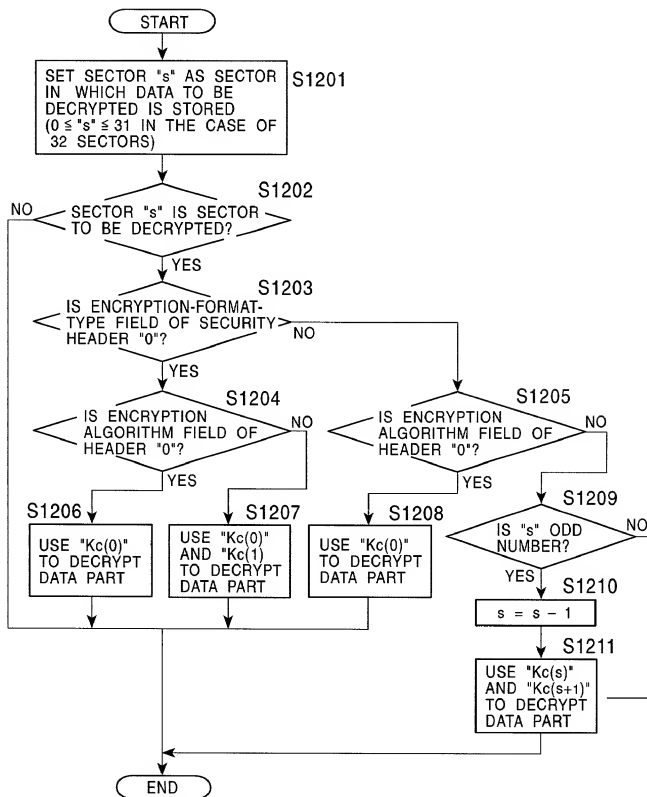


FIG. 41

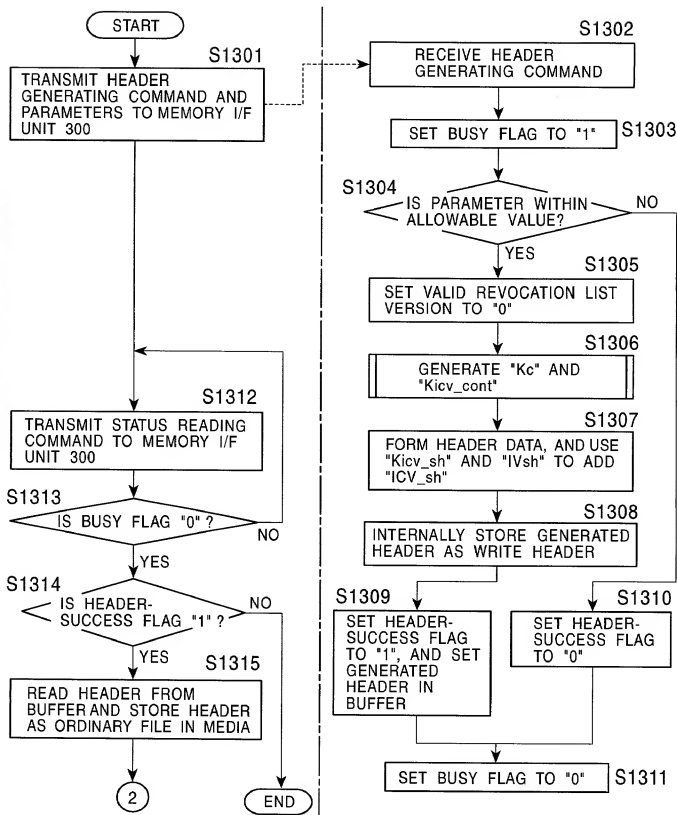
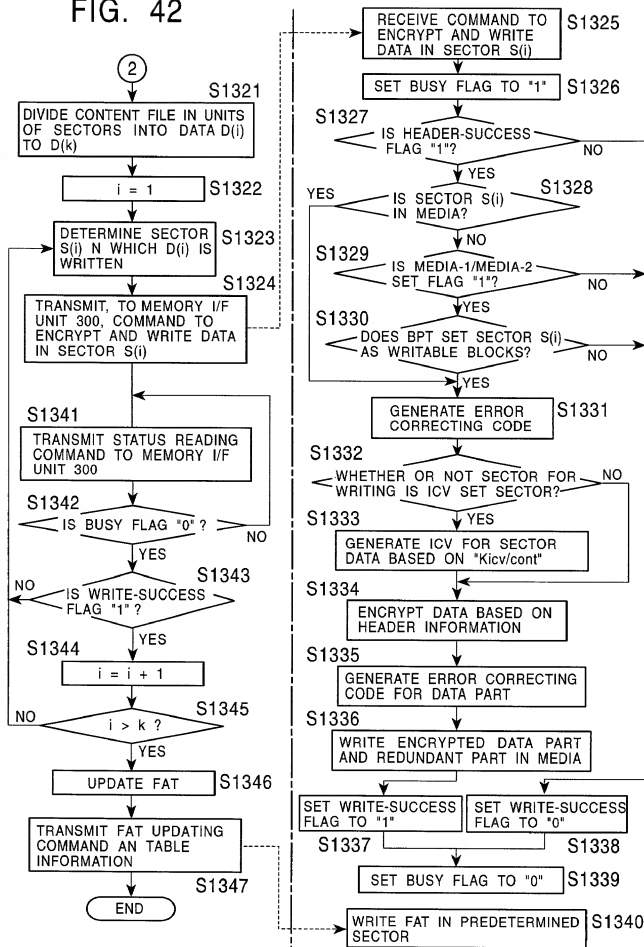


FIG. 42



Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included maximum heart rate, maximum oxygen consumption, maximum power, and maximum speed. The results of the study showed that the experimental group had significantly higher values for all four measurements at the end of the 12-week period compared to the control group. The results suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

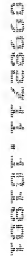


FIG. 44

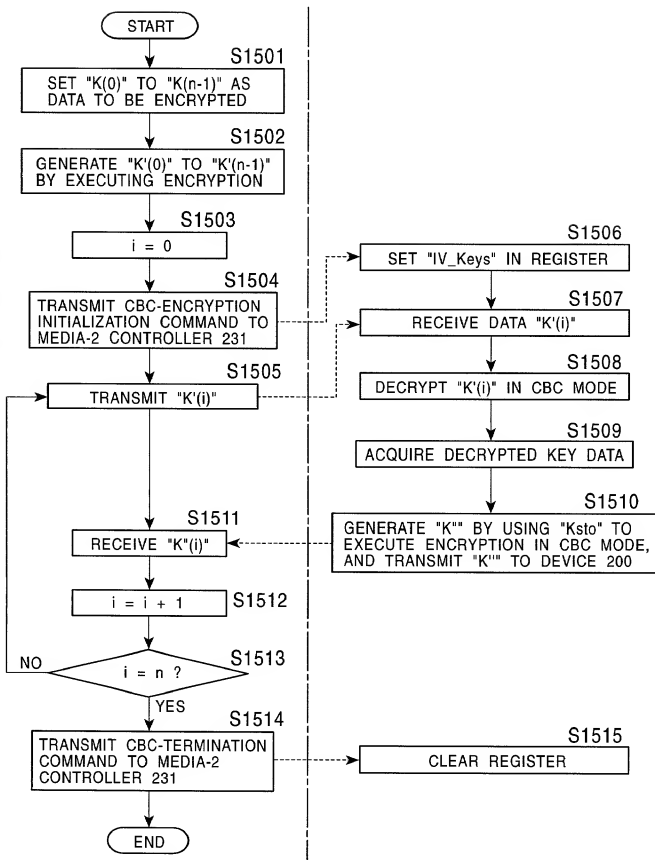


FIG. 45

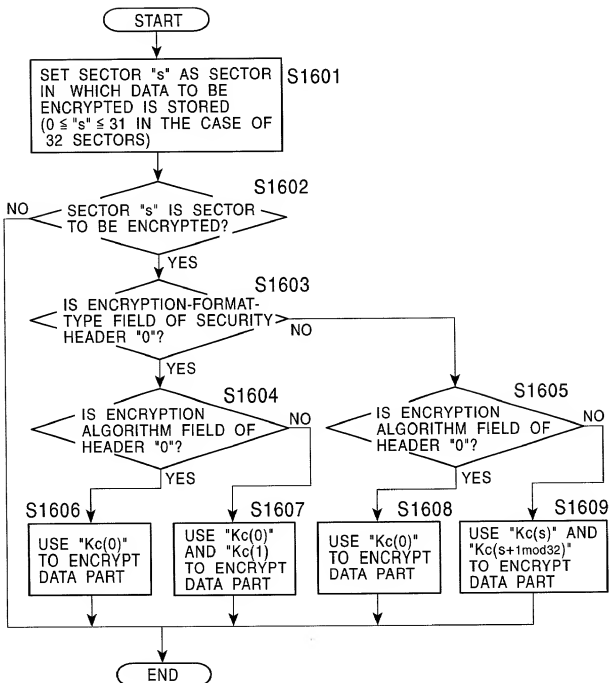
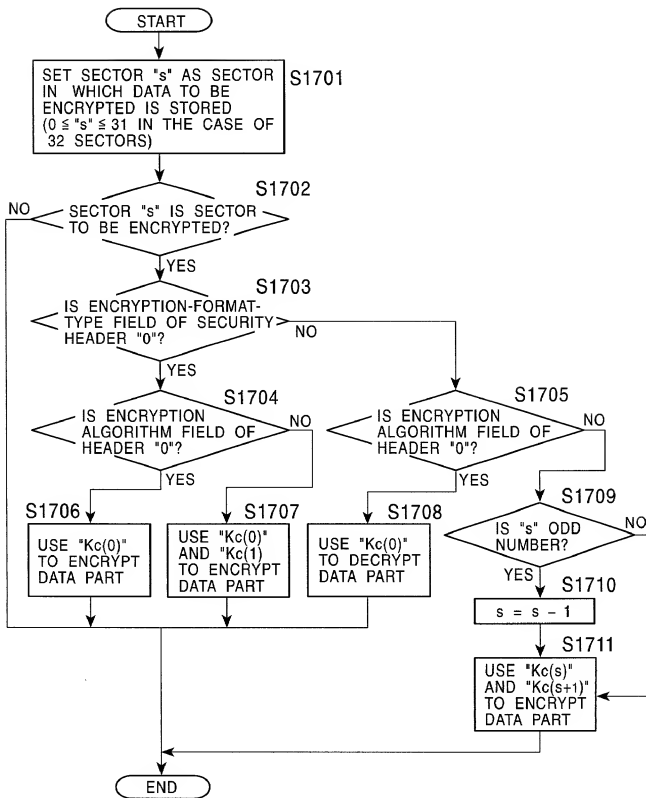


FIG. 46



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FIG. 47

